

# Yuav Mus Qhov Twg? cov hluas

A Mental Health Services Roadmap for Sheboygan County Teens

*Taug thawj kauj ruam mus nrhiav kev pab yeej nyuaj siab heev. Siv daim ntawv qhia no pab koj nrhiav txoj kev pab uas haum koj.*

**Siv daim ntawv qhia koj pab koj nhriav peev txheej uas muaj rau koj thiab yuav pab tau koj txais tau kev pab uas koj yuav nij.**

Hu 24 Xuab Moos Crisis Response: (920)459-3151  
LOSSIS mus rau lub Hoos Maum Ze Ntawm Koj  
HSHS St. Nicholas  
Aurora Health Care  
LOSSIS Hu Rau 9-8-8 or 9-1-1  
lossis ntaus ntawv hauv xov tooj rau 741-741

Puas yog koj tab tom muaj kev nyab xeeb ntawm kev xav nyuaj siab ntxhov plawv (koj puas xav txog txoj kev ua phem rau koj tus kheej lossis rau lwm tus)?

Koj puas muaj ib leej niam leej txiv lossis ib tug neeg laus ua koj ntseeg siab uas yuav pab tau koj?

Koj niam los koj txiv tej zaum yuav muaj kev pov hwm kho mob rau sab seem kev xav nyuaj siab ntxhov plawv los ntawm lawv lub chawj ua haujlwm kev pabcuam neeg ua haujlwm.

RAYS Youth Services tej zaum yuav pab muab kev sib kho/sib saj laj yog tias koj xav tau kev pab tham txog kev xav nyuaj siab ntxhov plawv nrog koj tsev neeg.  
RAYS Kev Pab 24 Xuab Moos: (920) 458-7100

The Trevor Project muaj dawb thiab tsis qhia leej twg 24/7/365 kev saj laj rau cov hluas ua yog LGBTQ  
Hu Rau 1-866-488-7386  
LOSSIS ntaus lo lus "START"rau 679-678

Koj puas yog nrog lub LGBTQ+ community?

Koj puas yog ib tug tub ntxhais kawm ntawv?

Tiv Tauj tau rau Mental Health America Lakeshore  
info@mhalakeshore.org  
920-458-3951  
LOSSIS Health & Human Services es nrog ib tug kws saj laj pab muab tswv yim nyob tos ntawm xov tooj ntawm 8am-4:30pm  
920-459-3207

Puas yog koj kawm ntawm ib lub tsev kawm ntawv siab uas yog UW School?

Koj puas muaj kev ntseeg siab nrog ib tug kws pab tswv yim hauv tsev kawm ntawv?

Hu rau koj tus Kws Pab Tswv Yim Hauv Tsev Kawm Ntawv, Psychologist, lossis Social Worker  
United Way of Sheboygan County's PATH (Provide Access to Healing).

Tsev Kawm Ntawv Qib Siab Green Bay- Hauv Sheboygan Chaw Noj Qab  
Haus Huv lossis (800)458-8183 (920)924-0614  
UW System  
SilverCloud Peev  
Txheej Online

Koj puas txuas nrog ib txoj kev ntseeg?

**Cov Peev Txheej Ntxiv**  
Aurora Behavioral Health: (920)453-3900  
Prevea Behavioral Health: (920)458-5557  
Lakeshore Community Health Care: (920)783-6633  
Well Badger Resource Center: 1-800-642-7837  
Vista Care/Open Door: (920)457-0826  
**Peev Txheej Online**  
<https://teenlifeline.org/> 1-800-248-8336  
(24xuab moos)  
Jed Foundation

Tej zaum koj yuav nhriav tau kev pab yog tias koj mus nrog ib tug neeg thawj koj rau ntawm koj txoj kev ntseeg tham txog kev pabcuam ntxiv rau koj tus kheej. Nco ntsoov soj ntsuam tias kom tus neeg no muaj pov thawj los pab qhia tib neeg txog ntawm kev nyuab siab.

\*\* Qib ntawm kev saib xyuas, kev tsim nyog tau txais kev pov hwm, thiab kev npaj them nqi sib txawv raws lub chaw. Cov npe ntawm cov ntaub ntawv no tsis tau lees tais muaj los yog nkag tau.\*\*



Muab Los Ntawm Healthy Sheboygan County  
1011 N 8th St, Sheboygan, WI 53081,  
Hu Tau Rau Peb Ntawm 920-459-3031